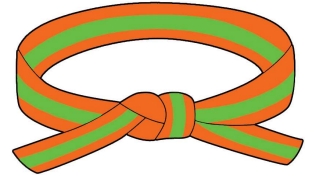




WORLD CHAMPION TAEKWONDO
BELT TESTING APPLICATION
7TH GEUP (GREEN STRIPE)
TESTING FEE: \$60.00



Please fill in all blanks If you have any questions, please ask an Instructor for assistance. .

Name: _____ Birth Date: _____

Present Rank: _____ Belt Size _____ Date of Test: _____

What is the name of your form? _____

1.) What is your favorite Tae Kwon Do technique? Explain why. (write on the back)

2.) In Tae Kwon Do sparring what are legal punching targets?

- A.) The face B.) Front of the body C.) The back D.) All of the above

3.) In Tae Kwon Do, sparring what are legal kicking targets?

- A.) The head and front of body B.) The legs and back C.) Both A and B

4.) Match the English words on the left with the correct Korean word on the right.

- | | |
|-----------|---------------|
| A.) Start | _____ Kiyap |
| B.) Stop | _____ Joon-bi |
| C.) Ready | _____ Sijak |
| D.) Yell | _____ Gu-mahn |
| E.) Form | _____ Poomse |

Green Stripe Philosophy: Integrity (WRITE ON YOUR BOARD)

- I do the right thing even when no one is watching.
- I tell the truth, even when I might get in trouble.
- I will be honest with myself and others.
- I will be fair in everything I do.
- I will be true to myself.
- I stand by my word.
- I do not steal or lie.

Write on the back of your board: ONE BAD HABIT!

SCHOOL USE ONLY

POOMSE	A	B	C	D
KICKING	A	B	C	D
SELF DEFENSE	A	B	C	D
ONE STEP SPARRING	A	B	C	D
FREE SPARRING	A	B	C	D
BREAKING TECHNIQUE	A	B	C	D